

**Klingenstein Third Generation Foundation Fellowship Program in Child and Adolescent Psychiatry at the University of California, Davis**

**2007 End of Year Report**

**Year-long Fellowship Program Overview**

The year-long UC Davis Klingenstein Fellowship program is designed to expose medical students in their preclinical years to the practice of child and adolescent psychiatry through mentorship, small seminars, and self-directed research projects. Since its inception three years ago the program has emphasized establishing one to one mentoring relationships. A record number of 13 first-year medical students applied in the spring for the 2007 program. We were able to accommodate all applicants due to the tremendous support of the child and adolescent psychiatry community for the program; a large percent of previous mentors returned and we were able to recruit additional mentors from both the faculty and community. Fellows and mentors were encouraged to meet on at least a monthly basis in a clinical setting for half a day. In addition to clinical care, the monthly meeting could be used to discuss specific cases or topics of interest to the fellow. Most fellows found the mentoring to be a valuable experience.

Fellows were also asked to attend monthly dinner meetings. Meetings were used as a venue for instructional seminars on topics such as “Performing the Mental Status Exam in Children”, “Autism Spectrum Disorder”, “Infant Sleep” and “ADHD”. Seminars were either conducted by the fourth-year medical student coordinators or guest lectures from the community. Documentaries, film clips, novels and articles from popular sources were used to generate discussions in which fellows could contextualize their clinical experiences. For example the book *The Curious Incident of the Dog in the Nighttime* was read by all fellows and discussed, a presentation on the mental status exam of the child was presented by a seasoned clinician and a PBS special on the use of psychotropic medication in children was viewed and discussed.

The final component of the fellowship was for each fellow to undertake a self-directed research project on a topic selected with the guidance of their mentor. The research project is intended for presentation as a teaching module to an appropriate audience and as a written report submitted to the fourth-year medical student facilitators. Topics selected by students this year include “Gay, Lesbian, Bisexual and Transgender Adolescents in the Foster Care System”, “Fire-Setting Behavior”, and “Conduct Disorder”. Proposed audiences include foster parents, the juvenile justice system and undergraduate groups on the UC Davis campus. Each fellow will briefly summarize their project to the remainder of the group at a concluding ceremony on January 29<sup>th</sup>, 2008.

**Intensive 4 week Summer Program**

The goal of the summer program is to provide fellows with an intensive clinical experience in child and adolescent psychiatry. Two first year medical students were accepted into the 4-week program which was coordinated by Dr. Robert Horst. Students rotated through inpatient and outpatients sites including a private hospital, the juvenile justice system, a neurodevelopmental disorder center, a crisis unit, and an outpatient

clinic. Students were expected to attend educational lectures with the UC Davis Child Psychiatry Fellows. They also had scheduled lunches with a series of clinicians. The program was well received by the students as well as the psychiatrists with whom they worked. As one student said, "I learned an amazing amount about psychiatric illness but what was most useful for me was meeting psychiatrists and learning about the possibilities for practice within the field. I feel very fortunate to have had this opportunity. I hope that the Klingenstein fellowship continues for many years!"

### **Future Plans**

Recruitment for 2008 began in December with a lunch and talk by current fellows. Over 25 first-year medical students attended. Potential participants were asked to submit an application stating their interest in the program by January 7<sup>th</sup>, 2008. The program continues to grow and 15 fellows were selected and paired with mentors for the 2008 year. A welcoming dinner was held on January 29<sup>th</sup>, 2008 and included a presentation by Dr. Tom Anders. Three current third year medical students have also been selected to assume the responsibilities of the student coordinators. We anticipate selecting two or three students to participate in the 2008 summer program when the time approaches and applications for that program will be distributed in the spring.

Respectfully Submitted,

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